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Digest of Market Basket for February 3, 1943.

SPREADING THE BUTTER

Spreading the butter has a new wartime meaning--making it go as far as possible, says _____. Not only saving and spreading the butter itself, but using other fats carefully for both cooking and bread spreads.

Fats in common use include butter, oleomargarine, lard, white hardened cooking fats, and salad and cooking oils, which are liquid fats. Pan drippings from cooked meats are also important and useful. When the exact kind of fat customarily used is not available, another may serve the purpose.

Here are some suggestions on making butter go farther:

Serve butter thriftily--one pat only to a person, or even half a pat.

Eat up all the butter you get. Don't take more butter than you need.

Make flavor count. Use the butter you have where it will taste best, on bread, or on vegetables, according to your preference.

Lose no butter by poor storing. Keep butter and other table fats covered tightly and in a cold dark place, protected from strong odors.

Cut out butter-rich dishes. They are out of step with the times.

Butter spreads farther if creamed or slightly softened, but not melted.

In carried luncheons mayonnaise or peanut butter spread on one slice of bread in a sandwich helps to make the butter go farther.

Some people remember and use tricks of World War days to stretch butter. They mix butter with milk, or with milk and gelatin, and make a blend whipped to smooth creaminess.

It's a wartime duty to see that no fat goes to waste. All fat saved from cooking may be used again unless it has scorched or is too strong in flavor. Fat drippings are good seasoning for many vegetables in place of butter. Some are good in baking. Keep them clean, cold, covered, and in a dark place until used.

